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GREEN PASTA PRIMAVERA, p. 38

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LIFE CHANGER

I believe we can eliminate plastic pollution

Anna Cummins, co-founder
5 Gyres, activist, surfer, mother

Photo by: Daniel Amezcua



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hello, spring!



Looking for something fabulous to whip up for dinner tonight? You came to the right place. This issue of *VT* offers an array of seasonal dinner ideas to suit just about every mood.

If you consider creamy pasta a guilty pleasure, "Bright Spring Pastas" (Vegan Gourmet, p. 36) might just blow your mind. Exclusively for *VT* readers, New York City–based Angelica Kitchen alum Amy Chaplin created four pasta recipes that deliver pure pleasure, minus the guilt. Think whole-wheat linguine stained bright pink with beet sauce, and topped with a smooth cashew ricotta. Or, my personal favorite, jumbo pasta shells stuffed with a cheesy blend of spinach and tofu and baked in an olive-spiked red sauce.

For those craving the freshest ingredients all in one menu, "Spring Forward" (Easy Entertaining, p. 46) delivers the goods. We chose three of our favorite recipes from Copenhagen-based blog star Sarah Britton's brand-new cookbook, *My New Roots*. The result is a colorful, flavor-packed feast for four.

Finally, for nights when you want something quick, hearty, and dense with nutrients, "Grainy Mains" (30 Minutes, p. 26) features five flavorful dishes that start with millet, quinoa, bulgur, barley, or polenta, and end with a full belly and a smile.

Elizabeth Turner



PORTRAIT PHOTOGRAPHY: LISA ROMEREIN; HAIR AND MAKEUP: DORIT GENAZZANI

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◀ 10 Ways to Green Your Kitchen Routine

vegetariantimes.com/article/10-ways-to-green-your-kitchen-routine

In honor of Earth Day, discover 10 small changes that can go a long way toward saving energy—and money—in the kitchen. Plus, get five seasonal, energy-efficient recipes.

FLOWERS: WILLI GALLOWAY; MODEL: RAY KACHATORIAN; TABLE: AMY NEUNSINGER



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Anya Kassoff, creator of the golubkakitchen.com blog and author of *The Vibrant Table*, supplied the Quinoa Flour Tortillas recipe for Gluten-Free Redo (p. 34).

What's your favorite kitchen tool?
My mandoline slicer. It allows for a quick, precise cut and beautiful presentation.
Which fresh herb or spice do you love the most?
Dill, due to childhood memories of summer salads right from the garden and my mother's amazing dill pickles.
What's your No. 1 pantry staple?
Buckwheat groats. Toasted buckwheat can quickly turn into a delicious and wholesome side dish; raw groats can be ground into gluten-free flour for crêpes, muffins, and other baked goods, or they can be sprouted and dehydrated to be used as "crispies" atop salads and breakfast bowls.



Rebecca Stumpf, a Boulder, Colo.–based photographer, shot Leaf Vegetarian Restaurant for the feature "Rise and Shine" (p. 60).

What's your No. 1 comfort-food craving?
Hands down, a hot scone fresh out of the oven. Baked goods are my weakness.
Which fresh herb or spice do you love the most?
Basil! The smell is incredible, and it is so versatile, from salads to pasta to pizzas.
What's your best clear-out-the-fridge dish?
I absolutely *love* when I have to clear out the fridge! I always make soup, because it's the easiest dish to be completely creative and free with, and the possibilities are endless.



Tina Rubin, a Los Angeles–based writer, is our guide to "Easy Ways to Alkalize Your Diet," p. 52.

What's your fondest food memory?
My mom baked the most incredible chocolate cakes from scratch. When I was a kid, my friends loved to come over after school because there was a good chance she'd baked. So now I'm a chocoholic—thanks, Mom.
What's your No. 1 pantry staple?
It's a toss-up between quinoa and olive oil, both essential! Quinoa is the perfect protein, and olive oil is the healthiest oil. As long as I have those, I know I can whip up a yummy, healthful meal.
What's your best clear-out-the-fridge dish?
A bed of quinoa tossed with black beans, roasted corn, onions, avocado, tomatoes, cilantro, and some Asian salad dressing. (I know, I know, don't ask me about the Asian dressing!)

TINA RUBIN PORTRAIT: THOMAS NEERKEN; ANYA KASSOFF PORTRAIT: MASHA DAVYDOVA

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letters

IN DEFENSE OF MEATBALLS

In your March issue, another reader ridiculed your magazine for printing recipes that "imitate meat" [Community: Letters, p. 12]. He failed to consider that recipes that imitate meat could encourage adherence to a vegetarian diet in someone who is choosing not to eat meat for health reasons and may actually miss and crave meat flavors. Such recipes might also be helpful in winning over spouses who are not so eager to join a loved one in following a vegetarian lifestyle. I, for one, commend you for *all* the recipes you print. Your diversity is what entices me to continue my subscription.

ROBIN JONES | HAVELOCK, N.C.

WHERE'S THE SEITAN?

As a vegetarian for the past 25 years, I was disappointed that you did not include seitan as one the best protein sources for vegetarians in your March 2015 issue [Veg 101: "Power Up!" p. 32]. Offering more protein per serving than tofu or tempeh, along with being low in fat and carbs, seitan has long been a staple in our vegetarian household and is an excellent and healthy source of plant-based protein. I feel as though your magazine is now kowtowing to the gluten-free craze more so than the vegetarian and vegan population, which would explain seitan's omission from your list. I would remind you that the foundation of your publication is to provide educational resources for vegetarian diets and not necessarily other alternative diets and lifestyles.

JULIE AYOTTE | ARLINGTON, MASS.

Editor's Note: *VT* staffers are definitely fans of seitan—it contains a whopping 21 grams of protein per 3-ounce. serving. But unless it's homemade, the hearty "wheat meat" is typically more processed than tempeh, tofu, and other healthful protein-packed veg foods, so it didn't quite make our list of the top seven.

For the Record: In the Mixed Roasted Mushrooms Over Creamy Butternut Purée recipe (Technique: "Crank It Up," March, p. 44), we inadvertently omitted the temperature used for roasting the butternut squash: your oven should be preheated to 450°F.

SHARE **Reader Recipe**

Spicy Quinoa Tacos

SERVES 6

Katelyn Drake, a lifelong vegetarian based in Oklahoma City, Okla., makes these quick, filling tacos for both dinner parties and weeknight dinners at home. She suggests adjusting the spices as you go: "Don't be afraid to add a fresh jalapeño if you want more heat!" Serve with avocado slices, cilantro, and a squeeze of lime.

- **1 Tbs. olive oil**
- **1 small onion, diced (1 cup)**
- **1 rib celery, diced (½ cup)**
- **1 clove garlic, minced (1 tsp.)**
- **1 Tbs. ground cumin**
- **1 Tbs. chili powder**
- **½ tsp. cayenne pepper**
- **1 15-oz. can fire-roasted diced tomatoes**
- **1 15-oz. can diced tomatoes with green chiles**
- **1 cup quinoa, rinsed and drained**
- **2 medium carrots, diced (1 cup)**
- **1 cup low-sodium vegetable broth**
- **1 15-oz. can black beans, rinsed and drained**
- **1 cup fresh or thawed frozen corn kernels**
- **12 6-inch corn tortillas**

Heat oil in medium saucepan over medium heat. Add onion and celery, and cook 5 minutes, or until soft. Add garlic, cumin, chili powder, and cayenne, and sauté 1 minute. Stir in tomatoes with liquid. Cook 2 minutes, then stir in quinoa, carrots, and broth. Cover, and bring to a boil. Reduce heat to medium-low, and simmer 20 to 25 minutes, or until quinoa is tender and liquid is absorbed. Season with salt and pepper, if desired. Mix in black beans and corn. Serve in tortillas.

PER SERVING (2 TACOS) 372 cal; 13 g prot; 7 g total fat (<1 g sat fat); 68 g carb; 0 mg chol; 449 mg sod; 11 g fiber; 8 g sugars V GF

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tell *VT*

What's your favorite meal to make ahead and freeze?

Chili! Once it's heated, I add fresh cheese and red onion. —ERIN G.

Eggplant Parmesan. I portion it into meal-size amounts, and freeze for busy nights. —AMY B.

Soup! Each summer, garden-fresh batches of creamy zucchini, pattypan, and tomato soup go into the freezer. It's such a treat in winter to enjoy delicious homemade soup.
—CARRIE CAROZZONI

Stuffed shells. So comforting! It's also an impressive dish if you need to pull an impromptu meal together.
—EMILY

Vegetarian bean chili. I portion it out and freeze in muffin tins—then I can take out as many as I need.
—SUZANNE LANGTON, VIA FACEBOOK

Black bean, corn, and quinoa enchilada bake. I usually make two: one for dinner and one to freeze.
—SUE RADDATZ, VIA FACEBOOK

Sweet potato lentil curry. I love to make a big batch and stock my freezer so I can enjoy it all month long. Tastes so good with fresh basmati rice! —JESSIE

Enchiladas! We make two 8- x 8-inch pans, and put one in the freezer and one in the oven. —MEREDITH

Black bean burgers. I double the recipe, so I have a lunch option during the week. Just defrost in the fridge the night before, and warm up at lunchtime.
—MARISA RADLEY



MARIO DE LOPEZ

next question

What's your best tip for eating veg on a budget?

Visit **vegetariantimes.com/tellvt** to share your answer—and see what others have to say. Our favorite responses will be published in the next issue of *VT*.



happy vegiversary



READER
Julie D'Angelo

LOCATION
Madison, Wis.

VEGETARIAN SINCE
June 1986

Share your vegiversary at vegetariantimes.com/vegiversary.

What motivated you to go veg?
My love of animals. I knew nothing about the nutritional benefits, to be honest. I was a teenager growing up in the Dairy State in the '70s and '80s!

What's your favorite vegetarian restaurant, and what do you order there?
Native Foods Café. I eat there when I'm in Chicago. I love the Bangkok Curry bowl.

What fruit or veggie best describes you, and why?
Tomato—solid but tender and ready for anything!

What's your most treasured kitchen tool?
My late mother-in-law's sugar scoop. It is the perfect size for scooping anything and always makes me smile at memories of her with it.

What's your best advice for new vegetarians/vegans?
Do not think rules and limitations. Think exploration and adventure. You are going to learn so much!



THE dish

HOT SPOT

BY LISA BARLEY











THE FARMER AND THE COOK

OJAI, CALIF.
farmerandcook.com

Off the beaten path in Ojai, Calif., you'll find the Farmer and the Cook, the realization of Steve Sprinkel and Olivia Chase's farm-to-table dream. Since 2001, the organic vegetarian market and restaurant have offered produce from Sprinkel's 16-acre farm and a Mexican-inspired daily menu from Chase's kitchen.

"We use organic soybean meal as a fertilizer because of animal welfare issues and because of unknowns like GMO biology in commercial compost," says Sprinkel, adding: "Things tend to be fresher and crisper because of our practices in the field."

On weekends, the market's salad/deli bar serves up salads prepped by Mio and Megumi, Japanese chefs whose repertoire includes pickled vegetables and an arame salad Mio learned from her mom. Order restaurant fare at a central counter—grilled-vegetable-and-goat cheese tacos with aji cilantro and red pepper sauces are popular—and grab a table inside a cozy area set off from the market or outside on the patio. The weekend menu features seasonal specials and pizzas, and live music plays on the patio on Sundays.

The spot's friendly and relaxed vibe, combined with the owners' commitment to healthful, sustainable food, has earned it plenty of regulars among the locals. "The benefit of walking your talk is invaluable," Sprinkel says.

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BY ELIZABETH BARKER

the dirt on charcoal

Here's a surprising ally in clean living: activated charcoal, a natural ingredient turning up everywhere from bar soaps to toothbrushes. Made by burning organic materials such as wood and coconut shells at intensely high temperatures in oxygen-free surroundings, activated charcoal is rich in carbon and riddled with tiny pores that purify by soaking up pollutants and other hazardous materials. Particularly prized is binchotan—a form of activated charcoal produced by torching oak branches—long esteemed for its clean-burning qualities in traditional Japanese-style grilling.

Just as those activated charcoal filters in your water purifier help mop up contaminants, the pitch-black ash added to personal-care products is believed to trap impurities before they wreak havoc on your body. Activated charcoal does have a history of use in hospitals as an emergency treatment for poisoning. "It's assumed that since charcoal prevents absorption of many compounds in the blood, it can be used routinely for detoxification, but based on research to date, it's not clear how much of a difference it makes," says Adam Rindfleisch, MD, family physician and integrative medicine consultant at the University of Wisconsin School of Medicine and Public Health.

Still, natural-beauty mavens note that activated charcoal could help clarify your complexion. Laura Latronico, director of Mokara Spa in Houston, recommends weekly use of a cleanser or mask made with activated charcoal, adding that since activated charcoal may do away with dirt and oil, charcoal-infused skin-care goods could prevent clogged pores, making it a boon for the blemish prone. "That deep-down pore-cleansing means activated charcoal's great for removing makeup too," she says.



PHOTOGRAPHY: VICTORIA WALL HARRIS

Michael Todd True Organics Charcoal Detoxifying Facial Mask ($34/3.4 oz.; michaeltoddusa.com)

Giovanni Purifying Facial Scrub ($9.95/4 oz.; giovannicosmetics.com)

Shamanuti Activated Charcoal Cleanser ($36/6 oz.; shamanuti.com)

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BY DAVID KALMANSOHN



IT'S HOMELY AND GROWS IN BOGS, YET BUTTERBUR HAS WON THE RESPECT OF THE MEDICAL WORLD. "BUTTERBUR HAS A LEVEL-A RECOMMENDATION—THE HIGHEST RANKING—FOR MIGRAINE PREVENTION IN ADULTS FROM THE AMERICAN ACADEMY OF NEUROLOGY AND THE AMERICAN HEADACHE SOCIETY," SAYS TIERAONA LOW DOG, MD, AUTHOR OF *HEALTHY AT HOME: GET WELL AND STAY WELL WITHOUT PRESCRIPTIONS*. "IT'S WELL-TOLERATED AND HAS FEWER ADVERSE EFFECTS THAN MANY MEDICATIONS." IN ADDITION, STUDIES HAVE FOUND THAT BUTTERBUR IS AS EFFECTIVE AS ZYRTEC AND ALLEGRA IN TREATING SEASONAL ALLERGIC RHINITIS, OR HAY FEVER.

BUTTERBUR

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Butterbur contains two powerful compounds—one for the better, the other for worse. Sesquiterpene esters called petasins help reduce inflammation and relax blood vessels. "But the plant also contains pyrrolizidine alkaloids, which are potentially harmful to the liver," cautions Low Dog, who recommends products that are standardized to 15 percent (7.5 milligrams) sesquiterpenes per 50 milligrams and processed to eliminate PAs.

USE IT RIGHT

For seasonal allergies, the recommended dose is 100 to 150 milligrams daily. For migraines, take 100 milligrams in the morning and 50 milligrams at night, decreasing to 100 milligrams total after 30 days unless migraines recur, says Low Dog. For extra support, the AAN and AHS classify magnesium, riboflavin, and feverfew as "probably effective" for migraine prevention; Low Dog prefers adding magnesium first, in glycinate or citrate form, starting at 300 to 400 milligrams daily, increasing to 600 milligrams as needed; alternately, some migraine formulas incorporate all three remedies with butterbur.

WATCH OUT FOR

Safety has been clinically established for regimens as long as 16 weeks. Women who are pregnant or breast-feeding should avoid butterbur. Headache, fatigue, and stomach upset are possible. Adding magnesium, riboflavin, or feverfew may also cause stomach upset; consult your physician.

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ILLUSTRATION: ALEKS SENNWALD

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BY TAMI FERTIG

the perfect pan



SAVE
An inexpensive classic, the **Lodge Cast Iron Skillet** comes in a range of shapes and sizes—our favorite has two handles for easier lifting. $25/10.25-inch; *lodgemfg.com*.

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BY TAMI FERTIG

MOVE OVER, GRANOLA! FOR A QUICK-AND-WHOLESOME BREAKFAST, *VT* STAFFERS MUNCH ON MUESLI—A HEARTY MIX OF OATS, NUTS, SEEDS, AND DRIED FRUITS

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4 WAYS TO ENJOY MUESLI

1 | Simmer in hot water and eat like oatmeal.
2 | Add your favorite milk; eat immediately or soak overnight.
3 | Sprinkle over plain yogurt for a healthful parfait.
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RECIPES BY Marygrace Taylor



FAST, FORTIFYING MEALS FOR BUSY SPRING EVENINGS

grainy mains

Pasta and rice have long been the mainstays for quick, filling meals. But some new supper staples are making their way onto the tables of health-conscious cooks. Whole grains such as quinoa, millet, barley, and bulgur offer fiber- and nutrient-rich options, and are ready in the same amount of time it takes to make a pot of spaghetti or rice.

DOUBLE CORN CAKES WITH BLACK BEANS, p. 77

PHOTOGRAPHY Christina Holmes
FOOD STYLING Liesl Maggiore
PROP STYLING Robin Turk

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Millet and Oyster Mushroom Bowls

SERVES 4 | 30 MINUTES OR LESS

For an easy, elegant way to enjoy oyster mushrooms from the farmers' market, this bowl is the ticket. Leftovers can be eaten as a cold salad the next day. If you can't find tamari-flavored roasted pumpkin seeds, use roasted and salted pumpkin seeds.

MILLET AND MUSHROOMS SALAD

- **1 cup uncooked millet**
- **1¼ lb. oyster mushrooms, torn into bite-size pieces (5½ cups)**
- **1 medium red onion, sliced (1½ cups)**
- **4 tsp. olive oil**
- **2 Tbs. fresh thyme**
- **1 15-oz. can lentils, rinsed and drained**
- **⅓ cup tamari-flavored roasted pumpkin seeds, optional**

DRESSING

- **2 Tbs. olive oil**
- **1 Tbs. apple cider vinegar**
- **1 Tbs. pure maple syrup**
- **1 Tbs. low-sodium soy sauce**
- **1 Tbs. fresh thyme, or 1 tsp. dried thyme**
- **1 clove garlic, minced (1 tsp.)**
- **½ tsp. Dijon mustard**

1 | Preheat oven to 425°F. Coat large baking sheet with cooking spray.

2 | To make Millet and Mushrooms Salad: Bring 2½ cups water to a boil in medium saucepan. Add millet; reduce heat to medium-low. Cover, and simmer 15 to 20 minutes, or until millet has softened and absorbed all liquid. Lightly fluff with fork.

3 | Meanwhile, spread mushrooms and onion on prepared baking sheet. Drizzle with oil, and sprinkle with thyme. Season with salt and pepper, if desired, and toss to coat. Roast 20 minutes, or until mushrooms are browned.

4 | To make Dressing: whisk together all ingredients in small bowl.

5 | Stir lentils and half of Dressing into millet. Divide among bowls, top with roasted mushrooms and onion, and drizzle with remaining Dressing. Sprinkle with pumpkin seeds, if using.

PER 2-CUP SERVING 456 cal; 18 g prot; 14 g total fat (2 g sat fat); 67 g carb; 0 mg chol; 264 mg sod; 16 g fiber; 8 g sugars V

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QUINOA PILAF WITH TEMPEH AND BROCCOLI

Quinoa Pilaf with Tempeh and Broccoli

SERVES 4 | 30 MINUTES OR LESS

Everyone's favorite ancient grain gets a flavor boost from a seasoned cooking liquid before it's topped with a tempeh stir-fry.

QUINOA PILAF

- 1 tsp. coconut oil
- 1 cup quinoa, rinsed and drained
- 1 Tbs. minced fresh ginger
- 2 cloves garlic, minced (2 tsp.)
- ½ cup fresh orange juice
- ½ tsp. salt

TEMPEH AND BROCCOLI

- 2 Tbs. coconut oil
- 1 8-oz. pkg. tempeh, cubed
- 2 tsp. minced fresh ginger
- 2 cloves garlic, minced (2 tsp.)
- 1 Tbs. minced jalapeño chile
- ½ cup fresh orange juice
- ½ cup low-sodium no-chicken broth
- 2 Tbs. low-sodium soy sauce
- 4 cups broccoli florets
- ¼ cup chopped green onions
- 2 Tbs. chopped toasted cashews

1 | To make Quinoa Pilaf: Heat coconut oil in medium saucepan over medium heat. Add quinoa, ginger, and garlic; sauté 1 minute. Add orange juice, 1½ cups water, and salt. Cover, bring to a boil, then reduce heat to medium-low, and simmer 15 minutes, or until quinoa is tender.

2 | Meanwhile, to make Tempeh and Broccoli: Heat coconut oil in large skillet over medium-high heat. Add tempeh, and cook 7 minutes, or until lightly golden, stirring occasionally. Add ginger, garlic, and chile, and sauté 30 seconds.

3 | Add orange juice, broth, and soy sauce to tempeh, and bring to boil. Reduce heat to medium-low, and simmer, uncovered, 5 minutes. Add broccoli, and stir-fry 5 minutes, or until broccoli is crisp-tender.

4 | Transfer Quinoa Pilaf to serving bowl. Top with Tempeh and Broccoli. Garnish with green onions and cashews.

PER 1½-CUP SERVING 399 cal; 21 g prot; 19 g total fat (9 g sat fat); 47 g carb; 0 mg chol; 625 mg sod; 6 g fiber; 6 g sugars V

Mediterranean Baked Bulgur

SERVES 4 | 30 MINUTES OR LESS

Here, bulgur and veggies simmer in a tomatoey broth in the oven, rather than getting cooked on the stove top.

- 4 cups small cauliflower florets
- ½ medium red onion, sliced (¾ cup)
- 1 Tbs. olive oil
- 1 cup uncooked bulgur
- 1 15-oz. can diced tomatoes
- 1¼ cups low-sodium vegetable broth
- 4 oz. crumbled feta cheese (1 cup)
- ¼ cup chopped fresh dill
- ¼ tsp. salt
- 2 Tbs. pine nuts

1 | Preheat oven to 425°F. Coat 13- x 9-inch baking dish with cooking spray.

2 | Toss cauliflower and red onion with oil in baking dish.

3 | Add bulgur, tomatoes, broth, feta, dill, and salt to baking dish. Gently stir with rubber spatula to moisten all ingredients. Sprinkle pine nuts on top.

4 | Cover baking dish with foil. Bake 20 minutes, or until most of liquid is absorbed and cauliflower is tender. Remove foil. Adjust oven heat to broil, and broil 5 minutes, or until cauliflower and onion are lightly browned.

PER 1½-CUP SERVING 319 cal; 12 g prot; 13 g total fat (5 g sat fat); 42 g carb; 25 mg chol; 580 mg sod; 10 g fiber; 8 g sugars

Sweet and Sour Barley-Tofu Hot Pot

SERVES 4 | 30 MINUTES OR LESS

This Asian-inspired stew is made with barley instead of rice or noodles. Quick-cooking barley is flattened (like rolled oats) and par-boiled, but still retains most of its fiber. Find it in the oatmeal or rice aisle.

- 4 cups low-sodium no-chicken broth
- 1 28-oz. can diced tomatoes
- ¼ cup apple cider vinegar
- 1 Tbs. light brown sugar
- 2 Tbs. sriracha sauce (or to taste)
- 4 cups thinly sliced savoy cabbage
- 2 medium parsnips, chopped (1 cup)
- 1 medium carrot, chopped (½ cup)
- 1 yellow onion, sliced (1½ cups)
- 1 cup quick-cooking barley
- 1 12-oz. pkg. firm silken tofu, drained and cubed

Combine broth, tomatoes, vinegar, brown sugar, sriracha, and 1 cup water in large saucepan. Add cabbage, parsnips, carrot, and onion; cover, and bring to a boil. Add barley, reduce heat to medium low, cover, and simmer 15 minutes, or until barley has softened. Stir in tofu, and simmer 5 minutes more.

PER 2-CUP SERVING 384 cal; 15 g prot; 3 g total fat (<1 g sat fat); 73 g carb; 0 mg chol; 800 mg sod; 14 g fiber; 18 g sugars V

CONTINUED ON p. 77.

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BY Matthew Kadey, RD



myth

THE SUGAR IN FRUIT CAN ADD UP, SO DON'T GO OVERBOARD.

Rest assured that in contrast to consuming generous amounts of sugary sodas and boxed breakfast cereals, eating plenty of apples and blueberries won't cause you to lose the battle of the bulge.

In fact, upping your consumption of naturally sweet fruits may help you shed pounds. According to a research review published in the journal *Obesity Reviews*, most evidence points to an inverse relationship between fruit intake and body weight—meaning that as fruit intake goes up, waistlines tend to shrink. Similarly, Spanish researchers found that people with the highest fruit intake were less likely to gain weight over a 10-year period than those who ate the least amount of nature's sweet offerings.

Evidence is mounting that the processed sugar being pumped into packaged foods and beverages is contributing to expanding waistlines the world over. But you need not to worry about the natural sugars found in fruits, says Sharon Palmer, RDN, author of *Plant-Powered for Life*. "Those sugars come packaged with nutrients, phytochemicals, and dietary fiber, which slows the absorption of sugar into your bloodstream and increases satiety, helping to make weight gain less likely."

Besides, it's a lot harder to overdose on naturally occurring sugars in fresh fruits. For example, you'd have to eat 3-plus cups of strawberries just to approach the amount of sugar present in a serving of fruit-flavored yogurt.

ILLUSTRATION Hye Jin Chung

SPRING SWEETS

Get more fruit goodness into your diet with these seasonal delights.

APRICOTS are plush with vitamin A to boost immune and eye health.
Add to plain yogurt, grain salads, and chutneys.

CHERRIES are a source of vitamin C, which can improve your blood pressure score, at least in the short term.
Use to top pancakes, bruschetta, and homemade ice cream.

STRAWBERRIES pack a payload of anthocyanins, antioxidants that help promote healthier cholesterol numbers.
Blend into salsas, smoothies, and chia puddings.

BOTTOM LINE

If you want to stay svelte, limit your intake of sugar-sweetened foods and not your trips to the fruit bowl. In fact, Mother Nature's candy is the most healthful way to satisfy a sweet tooth.

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BY Anya Kassoff



tortillas

WRAP YOUR FAVORITE FILLINGS IN THIS JAZZED-UP FLAT BREAD

Soft, pliable flour tortillas are a Mexican food mainstay, but they can be a tough item to re-create in gluten-free form. Rather than riff on the basic recipe of flour, water, and oil, we took the flat bread in a different direction, using nutrient-rich quinoa flour as a base for the dough. Eggs and oil act as binders, making the tortillas tender and pliable. Almond milk and maple syrup add a subtle sweetness that rounds out the flavors and complements all types of fillings.

PHOTOGRAPHY Maren Caruso FOOD STYLING Kim Kissling PROP STYLING Ethel Brennan

Quinoa Flour Tortillas

MAKES 12 8-INCH TORTILLAS

Eggs help bind quinoa flour and tapioca starch into a dough that's supple and pliant. To store finished tortillas: wrap in plastic wrap, and refrigerate up to two days.

- **2 cups quinoa flour**
- **½ cup tapioca starch, plus more for rolling dough**
- **2 tsp. salt**
- **1 tsp. xanthan gum**
- **¼ tsp. baking powder**
- **¾ cup unsweetened almond milk**
- **1 Tbs. apple cider vinegar**
- **2 large eggs**
- **6 Tbs. melted coconut oil or other vegetable oil**
- **2 tsp. maple syrup**

1 | Combine quinoa flour, tapioca starch, salt, xanthan gum, and baking powder in large bowl. Set aside.

2 | Whisk together almond milk and vinegar in separate bowl. Whisk in eggs, oil, and maple syrup. Stir egg mixture into flour mixture to make wet, sticky dough. Cover, and let rest 30 minutes.

3 | Cut out 12 8-inch rounds of parchment paper. Shape dough into ¼-cup balls on work surface dusted with tapioca starch.

4 | Heat non-stick skillet over medium-high heat.

5 | Gently hand-flatten 1 ball of dough into disk on parchment round (patch together if it tears).

6 | Invert tortilla onto skillet, dough side down. Cook 1 minute, then remove parchment round (parchment should easily separate from tortilla). Cook 30 seconds, then flip tortilla, and cook 1 to 1½ minutes more, or until tortilla is golden brown in places. Transfer to clean kitchen towel. Fold towel over tortilla to keep warm. Repeat with remaining dough balls.

PER TORTILLA 176 cal; 4 g prot; 9 g total fat (6 g sat fat); 20 g carb; 31 mg chol; 428 mg sod; 3 g fiber; <1 g sugars

tip

To make taco-sized tortillas, shape dough into 16 smaller balls, and flatten them onto 6-inch circles of parchment paper.



RECIPES BY Amy Chaplin

THESE DAZZLING VEGAN ENTRÉES ARE SO MUCH MORE THAN NOODLES AND SAUCE

How do you like your pasta? Light and veggie-laden? Rich and creamy? Bubbling hot from the oven? Whatever your preference, there's a vegan dish here for you. Saucy and a little bit sassy (a bright pink beet linguine? Game on!), these recipes put spring's brightest produce at the center of the plate.

bright pasta dinners



BEET LINGUINE WITH CASHEW RICOTTA, p. 41

PHOTOGRAPHY Beatriz da Costa
FOOD STYLING Paul Grimes

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†**Fruits:** Prune, Blueberry, Fig, Chinese Bayberry, Chinese matrimony, Citron. **Plants:** Mustard Spinach, Japanese Mugwort. **Mushrooms:** Shiitake, Maitake, Agaricus. **Seaweed:** Hijiki, Wakame, Konbu.



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GREEN PASTA PRIMAVERA

Green Pasta Primavera

SERVES 6 | 30 MINUTES OR LESS

Tossing cooked pasta with puréed toasted pine nuts and pasta water creates a delicious cheese-like coating for the noodles.

- ½ cup plus 3 Tbs. pine nuts
- ¼ cup olive oil, divided
- 1 Tbs. lemon juice
- 8 cloves garlic, minced (3 Tbs.)
- 2 medium leeks, sliced (2 cups)
- 1 lb. broccoli raab, chopped
- 2 cups frozen peas, thawed
- 6 cups baby spinach
- 8 oz. farfalle pasta

1 | Toast pine nuts in skillet over low heat 5 minutes, or until golden, stirring frequently. Remove pan from heat. Blend ½ cup toasted pine nuts in food processor with 2 Tbs. oil, lemon juice, and 1 Tbs. water until smooth. Set aside remaining 3 Tbs. toasted pine nuts.

2 | Heat remaining 2 Tbs. oil in large skillet over medium heat. Add garlic, and sauté 1 to 2 minutes, or until golden. Stir in leeks, and season with salt, if desired. Sauté 5 minutes. Add broccoli raab, and cook 10 minutes, stirring occasionally. Add peas, and cook 2 minutes more. Stir in spinach, and remove from heat.

3 | Meanwhile, cook pasta according to package directions. Drain pasta, reserving ⅓ cup cooking water. Return pasta to pot; stir in sauce and reserved pasta cooking water. Fold in broccoli raab mixture. Serve topped with whole toasted pine nuts.

PER 1-CUP SERVING 395 cal; 14 g prot; 20 g total fat (2 g sat fat); 48 g carb; 0 mg chol; 70 mg sod; 6 g fiber; 6 g sugars

Asparagus Fettuccine with Lemon and Pepper

SERVES 4 | 30 MINUTES OR LESS

This recipe serves up spring asparagus two ways: blended into a smooth sauce that's tossed with fettuccine, and sautéed in bite-size pieces that get stirred into the dish just before serving.

- 5 Tbs. olive oil, divided
- 5 cloves garlic, minced (2 Tbs.)
- 2 lb. asparagus, trimmed and sliced diagonally into 1-inch lengths
- 3 Tbs. fresh lemon juice
- ¼ tsp. freshly ground black pepper
- 8 oz. fettuccine
- 1 Tbs. grated lemon zest

1 | Heat 2 Tbs. oil in skillet over medium heat. Add garlic, and sauté 2 minutes, or until golden. Stir in asparagus, and season with salt, if desired. Sauté 2 minutes, then cover skillet, and cook 5 minutes, or until asparagus is bright green and just tender. Transfer half of asparagus to plate, and set aside.

2 | Cook remaining asparagus 1 minute more, then transfer to bowl of food processor. Add lemon juice, pepper, and remaining 3 Tbs. oil, and blend until sauce is smooth.

3 | Cook pasta according to package directions. Drain, reserving ¼ cup cooking water. Return pasta to pot, and toss with asparagus sauce, reserved cooking water, and lemon zest. Stir in reserved asparagus, and season with salt and pepper, if desired.

PER 1¼-CUP SERVING 394 cal; 10 g prot; 18 g total fat (3 g sat fat); 49 g carb; 0 mg chol; 17 mg sod; 5 g fiber; 4 g sugars



ASPARAGUS FETTUCCINE WITH LEMON AND PEPPER

PHOTOGRAPHY: BEATRIZ DA COSTA; FOOD STYLING: PAUL GRIMES

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PHOTOGRAPHY: MAREN CARUSO; FOOD STYLING: KIM KISSLING; PROP STYLING: ETHEL BRENNAN

Tofu and Spinach Stuffed Shells

SERVES 6

Olive oil–poached garlic gives tofu a deep, mellow flavor, while miso and vinegar provide a cheese-like tang.

- **6 oz. jumbo pasta shells**
- **12 cloves garlic, peeled and thinly sliced**
- **¼ cup olive oil**
- **1 16-oz. block firm tofu, drained, rinsed, and patted dry**
- **2 Tbs. unpasteurized apple cider vinegar**
- **2 tsp. lemon juice**
- **2 tsp. white miso**
- **5 oz. baby spinach leaves (6 cups)**
- **1 24-oz. jar prepared pasta sauce**
- **2 Tbs. chopped Kalamata olives, optional**
- **2 Tbs. chopped green olives, optional**

1 | Preheat oven to 375°F.

2 | Cook pasta shells according to package directions. Drain, rinse, and drain again, then place on clean kitchen towel to cool and dry.

3 | Bring garlic and olive oil to a simmer in small skillet over medium heat. Reduce heat to low, and simmer 15 minutes, or until garlic is soft and golden. Remove from heat, and set aside.

4 | Crumble tofu into bowl of food processor, and blend with vinegar, lemon juice, miso, garlic, and oil until smooth. Transfer to medium bowl.

5 | Heat large saucepan over medium heat. Add spinach and 2 Tbs. water, and cook 3 to 4 minutes, or until leaves are wilted. Transfer to strainer, and squeeze out excess liquid. Roughly chop, and stir into tofu mixture.

6 | Spoon 2 Tbs. filling into each pasta shell, and place in single layer in large baking dish. Cover with pasta sauce, sprinkle with olives (if using), and bake 45 minutes, or until sauce is bubbling. Let stand 10 minutes before serving.

PER SERVING (3 STUFFED SHELLS) 343 cal; 13 g prot; 14 g total fat (2 g sat fat); 42 g carb; 0 mg chol; 562 mg sod; 5 g fiber; 11 g sugars V

Beet Linguine with Cashew Ricotta

SERVES 4

A creamy-garlicky cashew ricotta complements the sweet flavors of beets and caramelized onions in this colorful dish. The recipe makes 1 cup of cashew ricotta; save the remaining ½ cup for another use.

CASHEW RICOTTA

- **1 large head garlic**
- **4 tsp. olive oil, divided**
- **2 cups raw cashews, soaked 2–4 hours**
- **4 tsp. nutritional yeast**
- **2 Tbs. fresh lemon juice**
- **1 tsp. sea salt**
- **5 tsp. apple cider vinegar**

LINGUINE

- **½ lb. beets, greens removed**
- **1½ Tbs. olive oil, divided**
- **1 medium red onion, chopped (1½ cups)**
- **1½ tsp. balsamic vinegar**
- **1½ tsp. mirin (rice wine)**
- **8 oz. whole-wheat linguine**
- **¼ cup chopped flat-leaf parsley**

1 | To make Cashew Ricotta: Preheat oven to 400°F. Slice off top of garlic head, drizzle with 1 tsp. oil, and wrap in parchment paper, then in foil. Roast 1 hour, or until soft.

2 | Rinse and drain soaked cashews, and transfer to food processor. Add remaining 1 Tbs. oil, nutritional yeast, lemon juice, salt, and vinegar. Squeeze roasted garlic from cloves into food processor, and blend until smooth. Transfer to medium bowl.

3 | To make Linguine: Bring beets and enough water to cover by 1 inch to a boil in large saucepan. Cover, reduce heat to medium-low, and simmer 35 to 40 minutes, or until beets are tender. Drain beets, and slip off skins under cool running water. Coarsely chop beets, and set aside.

4 | Heat 1 Tbs. oil in large skillet over medium heat. Add onion, and sauté 8 to 10 minutes. Reduce heat to medium-low, and cook 15 minutes more. Stir in balsamic vinegar and mirin. Cook 2 minutes, or until liquid evaporates. Transfer onion mixture to food processor, add beets, and purée until smooth. Season with salt and pepper, if desired, and transfer to medium saucepan. Keep warm.

5 | Cook pasta according to package directions. Drain, reserving 3 Tbs. pasta water. Return pasta to pot; toss with beet sauce, remaining 1½ tsp. oil, and reserved pasta water. Top each serving with 2 Tbs. Cashew Ricotta, and sprinkle with chopped parsley.

PER SERVING (1 CUP PASTA WITH 2 TBS. CASHEW RICOTTA) 400 cal; 13 g prot; 15 g total fat (3 g sat fat); 58 g carb; 0 mg chol; 181 mg sod; 10 g fiber; 8 g sugars

Amy Chaplin has worked as a vegetarian chef for more than 20 years. She is the former executive chef of New York's renowned vegan restaurant Angelica Kitchen.

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BY Charity Ferreira

ECO-FRIENDLY WAYS TO CARE FOR YOUR COOKWARE AND KITCHEN TOOLS

clean sweep

One of the greenest things you can do in your kitchen is to invest in good-quality cookware and tools and then maintain them with care so that they last a long time. Here's how to keep your cooking equipment sparkling clean and in tip-top condition—without spending a lot of money or using harsh chemicals.

CAST-IRON PANS

Well-seasoned cast-iron cookware requires very little maintenance. Just wash briefly in warm water after each use. "Using a mild soap is OK, but you really shouldn't need it," says Mark Kelly, spokesperson for Lodge Manufacturing Co., the 119-year-old foundry in South Pittsburg, Tenn. Instead, try sprinkling the pan with coarse salt and scouring residue with a sponge. After cleaning, wipe the pan completely dry to keep rust from forming. When you notice the interior of your pan is losing its smooth sheen, it's time to re-season. Thoroughly rub the pan with the cooking oil of your choice, bake at 350°F for an hour, and wipe out any remaining oil.

STAINLESS STEEL AND ENAMELED COOKWARE

Got burnt-on stains and discoloration on the insides or outsides of your pots and pans? Use a quick DIY soft scrub mixture: mix baking soda

PHOTOGRAPHY
Victoria Wall Harris

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with a few drops of warm water and just enough liquid dish soap to form a smooth paste that's about the consistency of toothpaste. Rub on, and let sit for a few minutes, then gently scour off stains, and rinse. You can use this same mixture inside the oven to remove built-up gunk without caustic chemicals.

KITCHEN KNIVES

Knives are your best friends in the kitchen. Hand-wash stainless steel blades in warm soapy water and wipe dry. If you have good-quality knives, get them professionally sharpened regularly—once a year may be enough, depending on what kind of knives you have and how heavily you use them. Honing the blade of your chef's knife after each use will help it maintain a straight, sharp edge between sharpening. To hone, draw the blade at a 20-degree angle along the length of a ceramic or steel honing rod. Repeat several times on each side.

To protect the edges between uses, store knives in a wood knife block (not knocking around in a drawer) and consider using a wood cutting board: "It's important for the cutting board to be softer than the knife blade so that it doesn't dull the edge," says Michael Garaghty, executive chef at cutlery company Wüsthof. "Boards made from wood and wood composite are the safest cutting surfaces for keeping your knives sharp."

WOOD AND BAMBOO UTENSILS

Spoons made from wood or bamboo will last for years if you treat them properly. To clean, wash them briefly in warm soapy water and wipe dry (never leave them soaking in water, as this opens up the grain of the wood). When your spoons start looking rough and dry—which might be as often as once a month or as seldom as once or twice a year—give them a coat of food-grade oil to moisturize and protect the wood. Our preferred oil is coconut, which resists rancidity and has antibacterial properties. Melt a little bit in a double boiler, and apply a very thin coat to your wooden utensils with a clean cloth. Allow the oil to penetrate for a few minutes, then buff thoroughly with a clean, dry cloth.



WOOD CUTTING BOARDS

To clean and deodorize your cutting board after slicing aromatic onions and garlic or foods that stain, such as herbs or beets, sprinkle the board with a little coarse salt and rub it in with the cut side of a lemon (never put your wood cutting board in the dishwasher or leave it to soak in water). After lighter use, such as chopping carrots or celery, simply wiping clean is adequate. Once a month, or more frequently if you notice your board looking dry or rough, rub the surface well with melted coconut oil, and buff it with a clean dry cloth to moisturize and protect the wood.

COUNTERS AND APPLIANCES

Clean stove tops and dusty or grimy kitchen appliances with a simple cleaning solution. In a spray bottle, combine 1 part liquid castile soap (such as Dr. Bronner's) with 4 parts water and 2 or 3 drops of lemon or orange essential oil. Spray the surface, and wipe with a damp cloth or sponge. For basic countertop cleaning, fill another spray bottle with equal parts white vinegar and water.

Cookbook author and former pastry chef Charity Ferreira honed her eco-cleaning skills during years of working in professional kitchens.

GEAR GUIDE

A few well-chosen supplies will make cleaning your cookware and kitchen a pleasure.



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spring forward

ACCLAIMED BLOGGER SARAH BRITTON SHARES A LIGHT SEASONAL MENU FROM HER *MY NEW ROOTS* COOKBOOK



SPROUTED WILD RICE WITH PISTACHIOS AND SPRING VEGETABLES, p. 50



Beautiful. Simple. Seasonal. That pretty much sums up the cooking style Sarah Britton (pictured) showcases on her blog, mynewroots.org, and now in her new cookbook, *My New Roots: Inspired Plant-Based Recipes for Every Season*. "I love showing people how simple it is to make delicious food when you are using seasonal fruits and vegetables, because you don't need to do much to them to bring out their incredible flavor," Britton says. The fresh, vibrant recipes on the following pages are effortlessly elegant and just perfect for a special springtime occasion.

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Grilled Zucchini and Green Onions with Baby Spinach and Hazelnuts

SERVES 4 | 30 MINUTES OR LESS

Warm grilled vegetables and toasted hazelnuts are served over a bed of baby spinach. "The addition of chile here really works to brighten up and contrast the grilled-vegetable flavors," says Britton.

- **2 medium zucchini, sliced lengthwise into ¼-inch-thick slabs**
- **6 green onions, halved lengthwise**
- **1 Tbs. melted coconut oil or ghee**
- **2 Tbs. olive oil**
- **1 Tbs. lemon juice**
- **1 fresh serrano chile, minced**
- **3 Tbs. grated lemon zest, divided**
- **1 clove garlic, minced (1 tsp.)**
- **1 tsp. raw honey**
- **6 cups baby spinach**
- **½ cup toasted coarsely chopped hazelnuts, optional**

1 | Heat grill or grill pan. Brush zucchini and green onions with coconut oil. Grill, uncovered, 5 to 7 minutes, turning once, or until browned in places. Transfer to plate.

2 | Whisk together olive oil, lemon juice, chile, 2 Tbs. lemon zest, garlic, and honey in large bowl. Add spinach, and toss to coat.

3 | Spread spinach on platter, and top with zucchini and onions. Sprinkle with hazelnuts (if using) and remaining 1 Tbs. lemon zest.

PER 1½-CUP SERVING 138 cal; 3 g prot; 11 g total fat (4 g sat fat); 11 g carb; 0 mg chol; 70 mg sod; 4 g fiber; 5 g sugars GF

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STRAWBERRY-CHAMOMILE NO-CHURN FROZEN YOGURT

Sprouted Wild Rice with Pistachios and Spring Vegetables

SERVES 4

This hearty salad requires a couple days of soaking to sprout the wild rice and make it "bloom"—the wild rice will actually unfold like the petals of a flower, revealing the tender insides. "You could use any other sprouted grain for this dish: quinoa or wheat for example," says Britton. "The results will be quite different, but it's fun to see how the dish can change just by switching up one element." Sprouted wild rice will keep in the fridge for three to four days.

- **1 cup wild rice**
- **2 Tbs. olive oil**
- **2 Tbs. Dijon or other strong mustard**
- **2 Tbs. lemon juice**
- **1 Tbs. grated lemon zest**
- **1 tsp. pure maple syrup**
- **2 cups fresh or frozen green peas**
- **1 cup cooked chickpeas**
- **4 carrots, julienned**
- **⅓ cup chopped fresh chives**
- **⅓ cup chopped fresh dill**
- **⅓ cup coarsely chopped raw pistachios**

1 | Rinse rice well, drain, and transfer to glass jar or bowl. Cover with fresh or filtered water, and let soak at room temperature overnight. Drain, then rinse rice again, cover with fresh water once more, and soak 24 hours. Repeat rinsing and soaking process twice a day for two more days, or until grains have split open and are tender enough to eat.

2 | Whisk together oil, mustard, lemon juice, lemon zest, and maple syrup in small bowl. Season with salt and pepper, if desired.

3 | Add half of dressing to rice mixture, and toss to coat. Fold in peas, chickpeas, carrots, chives, and dill.

4 | Toast pistachios in dry skillet over medium heat 5 minutes, or until fragrant. Add toasted nuts and remaining dressing to salad, and toss to combine.

PER 1½-CUP SERVING 426 cal; 16 g prot; 13 g total fat (2 g sat fat); 64 g carb; 0 mg chol; 329 mg sod; 12 g fiber; 12 g sugars V GF

Strawberry-Chamomile No-Churn Frozen Yogurt

MAKES 1 QT.

Britton recommends serving this yogurt with sliced fresh strawberries and "maybe a light biscuit for crunch."

- **14 oz. strawberries, divided**
- **3 cups plain whole-milk yogurt**
- **½ cup raw honey or pure maple syrup**
- **¼ cup dried chamomile flowers or enough tea bags to equal ¼ cup flowers**
- **1 Tbs. lemon juice**
- **1 vanilla bean, split lengthwise, seeds scraped out and reserved**

1 | Roughly chop 1 cup strawberries; set aside. Blend remaining strawberries, yogurt, honey, chamomile, lemon juice, and vanilla seeds in blender until smooth, making sure no unblended bits of dried chamomile remain. Pour into 9-inch square metal pan, and fold in chopped strawberries.

2 | Freeze yogurt 45 to 60 minutes. Whisk yogurt with fork or whisk until creamy. Return to freezer, and freeze 2 hours more, whisking every 30 minutes, or until smooth. Cover with plastic wrap, and store in freezer. Remove yogurt from freezer 10 to 15 minutes before serving.

PER ½-CUP SERVING 142 cal; 4 g prot; 3 g total fat (2 g sat fat); 27 g carb; 12 mg chol; 48 mg sod; 2 g fiber; 24 g sugars GF

Holistic nutritionist Sarah Britton blogs from Copenhagen, Denmark.

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BY Tina Rubin RECIPES BY Mary Margaret Chappell

A FOOD-LOVER'S GUIDE TO SUPPORTING YOUR BODY'S pH BALANCING ACT

EASY WAYS TO alkalize YOUR DIET

EATING FRUITS AND VEGETABLES IS A NO-BRAINER WHEN IT COMES TO GOOD HEALTH—BUT WITH ALL THE BUZZ ABOUT ADDING MORE ALKALINE-FORMING FOODS TO YOUR DIET, IS IT TIME TO GIVE UP YOUR MORNING ESPRESSO OR DECLINE THAT GLASS OF WINE WITH DINNER?

RELAX. WHILE THERE ARE ADVANTAGES TO ALKALIZING YOUR DIET, YOU CAN DO IT SENSIBLY AND STILL PARTAKE OF THE ACID-FORMING FOODS YOU LOVE.

PHOTOGRAPHY Beatriz da Costa FOOD STYLING Paul Grimes

"IT'S ABOUT BALANCE," says Ashley Koff, RD, the Washington, D.C.–based founder of the ashleykoffapproved.com (AKA) Stamp of Quality Nutrition. Koff loves her espresso, but she'll balance this acid former with a shot or supplement of organic chlorophyll along with other alkaline-forming choices. Chlorophyll helps promote a more alkaline environment, enhances the blood's ability to deliver oxygen to all parts of the body, and helps support the immune system. A stable, organic chlorophyll supplement can be mixed right into your smoothie.

The concept of cultivating a more alkaline diet is dismissed in some circles because it's well-known that the human body aggressively regulates the pH of its fluids, regardless of what we put into our mouths. However, our food choices do have an impact on digestion, nutrient absorption, and elimination, and current research increasingly shows that eating alkaline-forming foods supports the body's natural pH balancing act.

Koff cautions that the alkaline-forming potential of some foods may be counterintuitive. People think, for example, that they shouldn't have lemon or lime, but these weak acids stimulate the pancreas to release sodium bicarbonates, which are alkaline-forming. "It doesn't have to do with what the food is outside the body," she says, "it's what it does inside the body." So go ahead and have that glass of water with a squeeze of lemon or lime in the morning—it's good for digestive system alkalinity.

Be aware of highly processed foods, though, which can be deceiving. Soybeans, for example, can be alkaline, but soy protein isolates likely are not. Think of it this way: First, get more fruits and vegetables into your diet. Second, emphasize their whole-food forms.

Dawn Jackson Blatner, RDN, CSSD, LDN, Chicago-based author of *The Flexitarian Diet*, explains that substances on the acidic end of the scale include sugar, caffeine, meats, and alcohol, while the most alkaline-forming foods are fruits and vegetables. If you can cut down on the former and increase the latter, you're on your way.

Blatner emphasizes that it's not just about putting a bigger pile of broccoli on your plate. She's all about having fun with it, and any plant-based recipe will work. A few examples: she'll throw some thinly shredded Brussels sprouts into her pad Thai, purée cauliflower to add to her macaroni and cheese, or roll up a sandwich wrap using a big collard leaf instead of a tortilla. She also might add zucchini to her morning oatmeal or a handful of spinach (a core alkaline food) or kale to a banana or strawberry smoothie. And here's a yummy idea Blatner appropriated from a vegetarian burger place she frequents: baked green bean-and-carrot fries. "It doesn't have to be boring," she says.

If snacking on the go is your downfall, try packing raw vegetables for the road or the office. Chopped carrots, celery, asparagus, fennel, snap peas, and zucchini are easily transportable, says Vicki Edgson, a nutritional therapist, author, and one of the founders of The Food Doctor consultancy in London. In addition to the vegetables, "take along a container of guacamole for a fresh, crunchy, satisfying snack," she adds.

You can also boost your alkalinity by adding cultured vegetables (such as kimchi or kraut) to a meal, swapping a quality oil (e.g., olive) and lemon salad dressing for a creamy one, or drinking green tea, which is minimally processed and brimming with catechins—antioxidant miracle workers.

WHEN YOU'RE IN DOUBT ABOUT WHAT'S ACIDIC AND WHAT'S pH-BALANCING, ASK YOURSELF ONE SIMPLE QUESTION: WOULD YOU FIND THIS FOOD IN NATURE?

When you're in doubt about what's acidic and what's pH-balancing, Edgson suggests asking yourself one simple question: would you find this food in nature? "If you don't know how it's grown or in what manner it was processed, if it has added sugar and salt and smells and tastes like nothing you would find in nature, skip it," she says. "Instead, go to your local farmers' market once a week, buy seasonal foods, and learn from the farmers what cooking methods make those foods taste the best."



ROSEMARY-GARLIC CARROT AND GREEN BEAN "FRIES," p. 58

SATISFY YOUR CRAVINGS FOR CRUNCHY, SALTY FOODS WITH THESE OVEN-FRIED VEGETABLES.



ROLL UP HEARTY GRAINS AND FRESH VEGGIES IN A LIGHT, CRUNCHY COLLARD LEAF.

QUINOA AND GOAT CHEESE COLLARD ROLLS

pH-BALANCING TIP

GOAT'S MILK AND GOAT CHEESE
ARE THE PREFERRED DAIRY OPTIONS OF MOST ALKALINE DIET EXPERTS BECAUSE THEY ARE LESS ACID-FORMING THAN COW'S MILK PRODUCTS.

Quinoa and Goat Cheese Collard Rolls

MAKES 6 ROLLS

Goat cheese adds cheesy satisfaction with relatively low acidity, while a big beautiful collard leaf is an alkalizing alternative to wheat-based wrappers.

- ½ cup quinoa, rinsed and drained
- 1 large tomato, seeded and diced
- 4 green onions, thinly sliced
- ½ cup crumbled fresh goat cheese
- ¼ cup chopped fresh mint or flat-leaf parsley
- 2 Tbs. lemon juice
- 1½ Tbs. olive oil
- 6 large collard leaves
- 1 cucumber, seeded and cut into 2½-inch matchsticks
- 1 small red bell pepper, seeded and cut into 2½-inch matchsticks

1 | Cook quinoa according to package directions. Transfer to bowl, and cool. Stir in tomato, green onions, goat cheese, mint, lemon juice, and oil. Season with salt and pepper, if desired.

2 | Place 1 collard leaf on work surface with stem end nearest you. Cut thick stalk down with small knife until almost flush with leaf. Discard stalk.

3 | Spread ⅓ cup quinoa mixture on collard leaf, leaving ½-inch border on all sides. Top with 3 cucumber sticks and 2 bell pepper sticks. Fold stem end of collard leaf over quinoa, and roll tightly around fillings, tucking in sides to form tight cylinder. Place seam side down on plate, and repeat with remaining ingredients.

PER SERVING (2 ROLLS) 271 cal; 11 g prot; 14 g total fat (4 g sat fat); 30 g carb; 23 mg chol; 105 mg sod; 7 g fiber; 6 g sugars GF

pH-BALANCING TIP

OATS ARE GOOD FOR YOU,
BUT THEY'RE ALSO RELATIVELY ACID-FORMING. OPT FOR LESS-PROCESSED STEEL-CUT OATS, AND MIX THEM WITH FRUITS AND VEGETABLES FOR BALANCE.

Spiced Zucchini Bread Oatmeal

MAKES 2 CUPS

Thin strands of grated fresh zucchini melt into a fruit-sweetened pot of hearty steel-cut oats.

- 2 cups unsweetened apple juice
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- ½ tsp. ground nutmeg
- ¼ tsp. ground cloves
- ¼ tsp. salt, optional
- ¼ tsp. apple cider vinegar
- ½ cup steel-cut oats
- 1 cup finely grated zucchini
- 1 cup raisins or chopped dried figs

1 | Bring apple juice, cinnamon, ginger, nutmeg, cloves, salt (if using), and apple cider vinegar to a boil in medium saucepan. Stir in oats, reduce heat to medium, and cook 2 minutes. Stir in grated zucchini and raisins.

2 | Reduce heat to low, and simmer oatmeal 30 minutes, stirring occasionally.

PER ½-CUP SERVING 260 cal; 5 g prot; 2 g total fat (<1 g sat fat); 62 g carb; 0 mg chol; 13 mg sod; 5 g fiber; 37 g sugars V

6 MORE TASTY COMBOS TO WRAP UP IN A COLLARD LEAF

(1)
- Couscous
- Pomegranate seeds
- Chopped green beans
- Walnuts

(2)
- Brown rice
- Black beans
- Corn
- Sliced avocado
- Chopped tomato

(3)
- Finely chopped cauliflower
- Grated carrot
- Sunflower seeds
- Diced apple

(4)
- Grated raw beets
- Caramelized onions
- Goat cheese

(5)
- Cashew cheese
- Roasted vegetables
- Arugula

(6)
- Cooked red lentils
- Chopped cucumber
- Chopped green onions
- Goat's milk yogurt

pH-BALANCING TIP

CHOOSE THE RIGHT OIL FOR THE JOB.

FOR HIGH-HEAT COOKING, SUCH AS ROASTING OR STIR-FRYING, OPT FOR AN OIL WITH A NATURALLY HIGH SMOKE POINT, SUCH AS GRAPESEED OR COCONUT OIL.

Rosemary-Garlic Carrot and Green Bean "Fries"

SERVES 4

Stave off cravings for crunchy, salty, fried foods with these oven-fried vegetables. We're recommending grapeseed oil rather than olive oil for this recipe because it has a higher smoke point, and is therefore less acid-forming when exposed to high oven temperatures. Choose the thickest green beans you can find, because they'll hold up better to the heat.

- **4 Tbs. grapeseed oil, divided, plus more for greasing baking sheets**
- **2 Tbs. finely chopped fresh rosemary**
- **6 cloves garlic, minced, divided (2 Tbs.)**
- **1½ lb. carrots, peeled and cut into long, thin sticks**
- **1 lb. green beans, trimmed**

1 | Preheat oven to 425°F. Lightly grease two baking sheets with oil.

2 | Stir together 2 Tbs. oil, 1 Tbs. rosemary, and 1 Tbs. garlic in large bowl. Season with salt and pepper, if desired. Add carrots, and toss to coat well with oil and seasonings. Spread carrots in single layer on one prepared baking sheet.

3 | Combine remaining 2 Tbs. oil, 1 Tbs. rosemary, and 1 Tbs. garlic in same bowl, and season with salt and pepper, if desired. Add green beans, and toss to coat. Spread green beans on second prepared baking sheet.

4 | Roast green beans and carrots 20 to 30 minutes (depending on thickness), or until vegetables begin to turn deep brown in spots. Season with salt and pepper, if desired. Cool 2 minutes, then serve, or cool on baking sheets, and serve at room temperature.

PER 1-CUP SERVING 221 cal; 4 g prot; 14 g total fat (1 g sat fat); 23 g carb; 0 mg chol; 112 mg sod; 7 g fiber; 11 g sugars V GF

Two-Sprout Pad Thai

SERVES 4 | 30 MINUTES OR LESS

Brussels sprouts, bean sprouts, green onions, and cilantro add a boost of alkalizing goodness to this favorite Thai dish to help balance out the acid-forming potential of the noodles.

SAUCE

- **3 Tbs. tamarind paste**
- **3 Tbs. low-sodium soy sauce**
- **2 Tbs. palm sugar or light brown sugar**
- **1 Tbs. nutritional yeast, optional**
- **1 tsp. chile-garlic sauce, plus more for serving**
- **1 tsp. grated fresh ginger**
- **1 clove garlic, minced (1 tsp.)**
- **⅛ tsp. ground white pepper or ground black pepper**

PAD THAI

- **4 oz. rice noodles**
- **2 cups Brussels sprouts**
- **1 Tbs. plus 2 tsp. grapeseed oil, divided**
- **2 oz. extra-firm tofu, drained and diced, optional**
- **8 green onions, chopped (1 cup), divided**
- **3 cloves garlic, minced (1 Tbs.)**
- **2 tsp. grated fresh ginger**
- **2 large eggs, lightly beaten**
- **1 cup bean sprouts, rinsed and drained**
- **¼ cup cilantro leaves**
- **¼ cup chopped roasted and salted cashews**
- **Lime wedges, for garnish**

1 | To make Sauce: Combine all ingredients and ½ cup water in small bowl. Set aside.

2 | To make Pad Thai: Place rice noodles in large bowl, cover with at least 2 inches very hot water, and let stand 8 minutes to soften. Drain, rinse under cold water, and set aside.

3 | Pulse Brussels sprouts in food processor until coarsely chopped. Set aside.

4 | Heat 1 Tbs. oil in large skillet or wok over high heat until oil shimmers. Add tofu, and cook 2 to 3 minutes, or until golden brown. Transfer to paper-towel-lined plate to drain, and season with salt and pepper, if desired.

5 | Add Brussels sprouts, ½ cup green onions, garlic, and ginger to pan, and stir-fry 1 to 2 minutes. Push vegetables to side of pan. Add eggs, and scramble until dry, pushing eggs into vegetable mixture once cooked.

6 | Add drained noodles and half of Sauce to pan, and cook 2 to 3 minutes, or until most liquid has evaporated, tossing with two spatulas. Add half of remaining Sauce, and cook until pan is dry. Stir in remaining Sauce and bean sprouts, and cook 30 seconds more, or until heated through and only some liquid remains. Transfer to serving bowl, and top with tofu, cilantro, and cashews. Garnish with remaining ½ cup green onions and lime wedges.

PER ¾-CUP SERVING 360 cal; 8 g prot; 12 g total fat (2 g sat fat); 57 g carb; 93 mg chol; 553 mg sod; 4 g fiber; 13 g sugars

pH-BALANCING TIP

DON'T GIVE UP NOODLES!

YOU CAN OFFSET THEIR ACID-FORMING PROPERTIES BY MIXING IN A GENEROUS ASSORTMENT OF FRESH HERBS AND VEGETABLES.

tip

SEASONAL SWAPS

Try replacing the Brussels sprouts in this veggie-packed pad Thai with thinly sliced collards, Swiss chard, kale, cabbage, or arugula.



TWO-SPROUT PAD THAI

BY Mary Margaret Chappell

DO BRUNCH LIKE A PRO WITH RECIPES FROM THREE TOP VEG EATERIES

rise *and* shine



BISCUITS AND SAUSAGE GRAVY, p. 62



BRUNCH IS MORE THAN a meal—it's a celebration. Good food, good company, and a chance to linger over a glass of fresh-squeezed juice, a fizzy mimosa, or a cappuccino are just three reasons to indulge in one of the weekend's greatest pleasures.

Here are three more, in the form of incredible recipes from some of our favorite veg destinations on the American brunch scene.

CHEF RACHEL BEST AT LEAF VEGETARIAN RESTAURANT IN BOULDER, COLO.

PHOTOGRAPHY: REBECCA STUMPF



LEAF VEGETARIAN RESTAURANT

THE PLACE

Leaf Vegetarian Restaurant

Boulder, Colo.



THE MOOD

Peaceful and personable with soft music and lots of greenery

THE MENU

Brunch at Leaf means elegant interpretations of breakfast and lunch favorites. Chef Rachel Best keeps the offerings fresh by changing the menu every two months, developing recipes that use seasonal ingredients from Leaf's own farm, Three Leaf Farm. "I get inspiration from meat and seafood dishes from gourmet cookbooks and put my own vegetarian twist on them," she says. Signature cocktails from the bartender seal the deal.

Biscuits and Sausage Gravy

SERVES 8

Serve this cozy brunch dish with a side of fresh fruit, a glass of kale-apple juice, and coffee.

SAUSAGE

- 1 cup soft tofu, drained
- ½ cup potato flour
- ¼ cup ground flaxseeds or flaxseed meal
- ¼ cup low-sodium tamari
- 2 Tbs. maple syrup
- 2 Tbs. molasses
- 2 Tbs. nutritional yeast
- 1½ tsp. ground fennel
- 1 tsp. dried oregano
- ½ tsp. cayenne pepper
- ½ tsp. salt

BISCUITS

- 1 cup plus 2 Tbs. plain soymilk
- 1½ tsp. apple cider vinegar
- 3 cups all-purpose flour
- 1½ Tbs. baking powder
- 1⅛ tsp. salt
- 10 Tbs. vegan margarine, such as Earth Balance Buttery sticks

GRAVY

- ⅓ cup vegan margarine
- ½ cup all-purpose flour
- 4 cups plain soymilk
- ¼ tsp. cayenne pepper, plus more for sprinkling

1 | Preheat oven to 350°F. Coat two baking sheets with cooking spray.

2 | To make Sausage: Mix together all ingredients in large bowl with ½ cup water. Spread mixture in thin layer on one prepared baking sheet, and bake 15 minutes. Cool, then crumble into pieces.

3 | To make Biscuits: Whisk together soymilk and vinegar in medium bowl. Whisk together flour, baking powder, and salt in large bowl. Cut margarine into flour mixture with two knives or rub with fingers until it's the size of small peas. Stir in soymilk mixture.

4 | Transfer dough to floured work surface, and pat into 1-inch-thick rectangle. Cut out eight 3-inch rounds of dough, and transfer to second prepared baking sheet. Bake 15 minutes, or until golden brown on top.

5 | To make Gravy: Melt margarine in large saucepan over medium heat. Stir in flour, and cook 1 minute, stirring constantly. Reduce heat to low, and whisk in soymilk. Cook 6 to 8 minutes, or until thickened, whisking constantly. Stir in cayenne pepper and Sausage.

To serve: Split Biscuits in half. Place two halves on each plate, and top with ¼ cup Gravy. Sprinkle with cayenne pepper. Pass remaining Gravy at table.

PER SERVING 449 cal; 11 g prot; 21 g total fat (6 g sat fat); 53 g carb; 0 mg chol; 1,127 mg sod; 3 g fiber; 6 g sugars

PHOTOGRAPHY: REBECCA STUMPF

Chilaquiles

SERVES 8 | 30 MINUTES OR LESS

Serve this Mexican favorite with a tart mimosa and a side of beans and potatoes.

SALSA VERDE

- 2½ lb. fresh tomatillos, papery husks removed
- ½ yellow onion, peeled
- 2 jalapeño chiles, stemmed
- ½ cup cilantro leaves

GUACAMOLE

- 2 avocados, halved, pitted, and flesh scooped out
- 1 Tbs. chopped cilantro
- ⅛ tsp. olive oil
- 1½ tsp. lemon juice
- 1 small tomato, finely diced
- ¼ red onion, finely diced

PICO DE GALLO

- 5 medium tomatoes, finely diced
- ½ small onion, finely diced
- ¼ cup chopped cilantro
- 2 Tbs. lime juice
- 2 Tbs. olive oil

CHILAQUILES

- 2 Tbs. olive oil
- 2 16-oz. pkg. extra-firm tofu, drained and crumbled
- 6 cups tortilla chips

PHOTOGRAPHY: NATHAN MICHAEL





THE PLACE

Karyn's on Green

Chicago

THE MOOD

Modern, serene, and family-friendly

THE MENU

Karyn Calabrese serves reinvented classics with Latin flair in a 150-seat dining room that is bright, airy proof that plant-based restaurants aren't just for veg diners anymore. "I like to create an atmosphere where everybody feels comfortable, and use flavors that show people you don't have to be vegan to enjoy the food," Calabrese explains.

1 | To make Salsa Verde: Bring large pot of water to a boil. Add tomatillos and onion, and boil 10 minutes, or until vegetables are soft to the touch. Drain, transfer to blender, and blend with jalapeño and cilantro until smooth.

2 | To make Guacamole: Mash avocados, cilantro, oil, and lemon juice in medium bowl. Stir in tomato and onion, and season with salt and pepper, if desired.

3 | To make Pico de Gallo: Combine all ingredients in medium bowl, and season with salt and pepper, if desired.

4 | To make Chilaquiles: Heat oil in Dutch oven over medium heat. Add tofu, and season with salt and pepper, if desired. Sauté 1 to 2 minutes. Stir in 2 cups Salsa Verde, then tortilla chips. Stir in 2 more cups Salsa Verde, and cook 2 to 3 minutes, or until heated through. Serve with Guacamole and Pico de Gallo.

PER 1½-CUP SERVING 424 cal; 16 g prot; 26 g total fat (4 g sat fat); 35 g carb; 0 mg chol; 93 mg sod; 10 g fiber; 10 g sugars V GF





PLUM BISTRO
CHEF/OWNER
MAKINI HOWELL

THE PLACE
Plum Bistro
Seattle

THE MOOD
Busy and exciting

THE MENU
Chef/owner Makini Howell started serving brunch with a hint of Southern influence shortly after Plum Bistro opened. "Brunch is a friendly thing—you can bring a lot of different people to a vegan restaurant for brunch, and if they are afraid of tofu, they can eat some pancakes or pastries," she says.

Good Old-Fashioned French Toast Stuffed with Strawberries and Sweet Soy Cream

SERVES 4

Howell brightens up brunch foods with "tap water cocktails"—water served with ice and orange, lemon, and cucumber slices. The Sweet Soy Cream filling for the French toast is a recipe you'll want to use in other dishes as well.

Recipe adapted from *Plum: Gratifying Vegan Dishes from Seattle's Plum Bistro.*

SWEET SOY CREAM

- **1 cup plain unsweetened soymilk**
- **2 cups canola oil**
- **1¼ Tbs. lemon juice**
- **1 Tbs. agave nectar**
- **Vanilla extract, optional**
- **Ground cinnamon, optional**

EGG FOAM

- **2 Tbs. egg replacer**

FRENCH TOAST

- **1½ cups vanilla soymilk**
- **1 tsp. white vinegar**
- **1½ tsp. vanilla extract**
- **1 tsp. agave nectar**
- **½ tsp. ground cinnamon**
- **¼ cup canola oil**
- **4 2-inch-thick bread slices**
- **1 cup hulled, sliced strawberries**
- **Sorghum syrup, for drizzling**

1 | To make Sweet Soy Cream: Place soymilk in blender or food processor. With machine running, drizzle in oil very slowly until thoroughly blended with soymilk. Blend 1 minute more, or until mixture has consistency of heavy cream. Transfer to bowl, and stir in lemon juice. Flavor with agave nectar and vanilla and cinnamon (if using). Transfer to jar, and refrigerate until ready to use. (Recipe makes 3 cups; extra will keep one week.)

2 | To make Egg Foam: Whisk egg replacer with 1 cup water in metal bowl. Place bowl on burner over medium-high heat, and whisk 1 to 2 minutes, or until foam has fluffed to 1½ times original size and reaches 100°F on instant-read thermometer.

3 | To make French Toast: Whisk together soymilk and vinegar in medium bowl. Whisk in Egg Foam, vanilla, agave nectar, and cinnamon, then whisk in oil.

4 | Coat large skillet with cooking spray, and heat over medium-high heat. Halve bread slices nearly to bottom, leaving attached at crust like spine of open book. Dip each piece of bread in soymilk mixture 30 seconds per side, then place in skillet. Cook 8 to 10 minutes, flipping once, or until French Toast is browned and crisp on both sides.

5 | To serve: Spoon ¼ cup strawberries on bottom half of each French Toast slice. Fold top over, top with 2-Tbs. dollop of Sweet Soy Cream, then drizzle with sorghum syrup.

PER SERVING 552 cal; 9 g prot; 39 g total fat (3 g sat fat); 43 g carb; 0 mg chol; 277 mg sod; 3 g fiber; 11 g sugars

PHOTOGRAPHY: CHARITY BURGGRAAF



PLUM BISTRO

MORE brunch finds!

These veg restaurants are well worth the trip on a hungry weekend morning.

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Portland, Ore.

CAFE FLORA
Seattle

CAFE SUNFLOWER
Atlanta

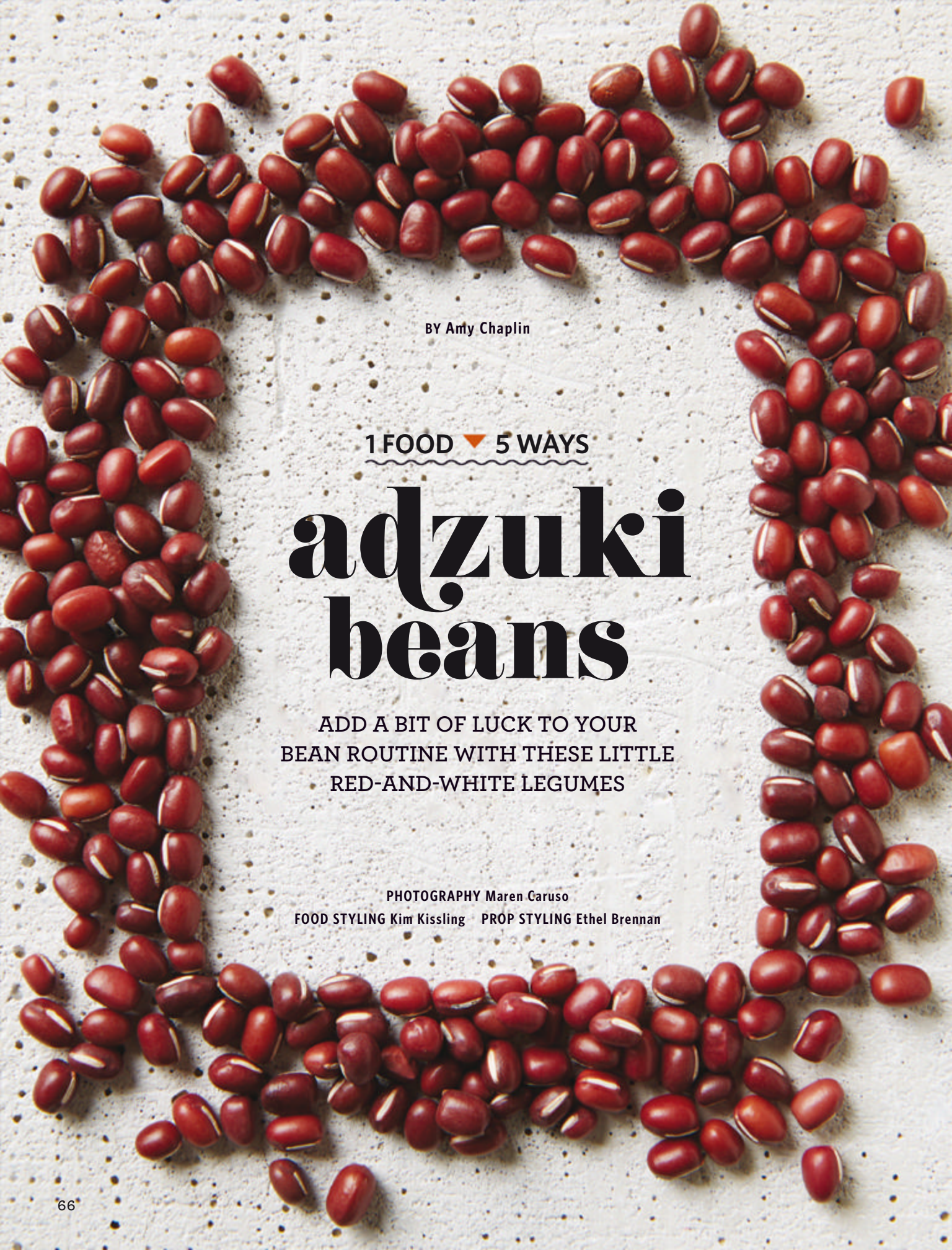
CANDLE 79
New York

CROSSROADS
Los Angeles

MOTHER'S CAFE
Austin, Tex.

REAL FOOD DAILY
Los Angeles

SAGE'S CAFE
Salt Lake City



BY Amy Chaplin

1 FOOD ▼ 5 WAYS

adzuki beans

ADD A BIT OF LUCK TO YOUR BEAN ROUTINE WITH THESE LITTLE RED-AND-WHITE LEGUMES

PHOTOGRAPHY Maren Caruso
FOOD STYLING Kim Kissling PROP STYLING Ethel Brennan



If good health and good fortune go hand in hand, then there may be something to the Japanese tradition of eating rice and adzuki beans on auspicious occasions. In China and Japan, the versatile, lightly sweet red beans are used in everything from soup to desserts. The legumes are also high in protein, low in fat, and packed with fiber, minerals, and health-boosting antioxidants.

ADZUKI-BEET PÂTÉ, p. 68

MASTER RECIPE

cooked adzuki beans

MAKES 3 CUPS

Sweet, nutty adzuki beans are a lot like black-eyed peas in that you can soak them or not before cooking, and a two-hour soak in cold water is enough to do the job. Kombu, or dried kelp, infuses the beans with minerals and enhances their digestibility.

- **1 cup dried adzuki beans**
- **1 2-inch piece kombu, optional**

Soak beans in large pot of water 2 to 12 hours, if desired. Rinse, and drain. Return to pot, cover with 2 inches fresh water, and add kombu (if using); bring to a boil over high heat. Skim off any foam, reduce heat to medium-low, and simmer 30 to 35 minutes for soaked beans, 50 minutes to 1 hour for unsoaked beans, or until tender but not mushy.

Greens and Adzuki Bean Stew

SERVES 6

Asian greens and lots of adzuki beans are bathed in a Thai-inspired broth that's laced with coconut milk.

- **1 Tbs. coconut oil**
- **3 shallots, thinly sliced (1 cup)**
- **4 cloves garlic, minced (4 tsp.)**
- **4 tsp. minced fresh ginger**
- **1 tsp. sea salt, plus more to taste**
- **1 tsp. ground turmeric**
- **2 dried Thai red chiles**
- **5 Kaffir lime leaves, optional**
- **2 stalks lemongrass, halved lengthwise and bruised**
- **2 14-oz. cans light coconut milk**
- **2 cups cooked adzuki beans**
- **1 medium leek, sliced (2 cups)**
- **2 heads baby bok choy, sliced (3 cups)**
- **2 cups chopped watercress (1-inch pieces)**
- **2 tsp. fresh ginger juice, optional**
- **1 tsp. low-sodium tamari**
- **2 tsp. coconut sugar or light brown sugar**

1 | Heat coconut oil in large pot over medium heat. Add shallots, and sauté 5 minutes, or until beginning to brown. Add garlic, ginger, and salt; cook 3 minutes, then stir in turmeric. Add chiles, lime leaves (if using), lemongrass, coconut milk, and 2½ cups water; bring to a boil over high heat. Cover pot, reduce heat to low, and simmer 30 minutes.

2 | Remove and discard chiles, lime leaves, and lemongrass. Add beans to pot, and return to a simmer. Stir in leek, and simmer 2 minutes more, or until tender. Add bok choy, watercress, ginger juice (if using), tamari, and coconut sugar; stir well, and cook 1 minute more. Season with salt and pepper, if desired.

PER 1⅓-CUP SERVING 266 cal; 10 g prot; 11 g total fat (10 g sat fat); 34 g carb; 0 mg chol; 414 mg sod; 8 g fiber; 8 g sugars V

Adzuki-Beet Pâté

MAKES 2½ CUPS

The sweet, deep flavors of caramelized onions and cooked beets pair beautifully with adzuki beans. Try this pâté as a spread for crackers, a dip for crudités, or a topping for whole grains.

- **2 medium beets**
- **2 Tbs. olive oil**
- **1 medium red onion, diced**
- **3 cloves garlic, chopped (1 Tbs.)**
- **¾ tsp. sea salt, plus more to taste**
- **2 tsp. balsamic vinegar**
- **2 tsp. mirin (rice wine)**
- **1 cup cooked adzuki beans**
- **¼ cup raw cashew butter**
- **1 Tbs. apple cider vinegar**

1 | Bring beets and enough water to cover to a boil in medium saucepan. Reduce heat to medium-low, and simmer 35 to 40 minutes, or until beets are tender. Remove from heat, drain beets, and slip off skins under cool running water. Cut beets into 1-inch dice, and set aside.

2 | Heat oil in large skillet over medium heat. Add onion, and sauté 8 minutes, or until beginning to brown. Add garlic and salt, and cook 5 minutes more, or until onions caramelize. Remove pan from heat, and stir in balsamic vinegar and mirin; set aside.

3 | Place beans in food processor; add cashew butter, vinegar, beets, and caramelized onions. Blend until smooth, scraping sides of bowl as needed. Season with salt and pepper, if desired.

PER ¼-CUP SERVING 109 cal; 3 g prot; 6 g total fat (1 g sat fat); 11 g carb; 0 mg chol; 155 mg sod; 3 g fiber; 2 g sugars V GF

tip

TO MAKE FRESH GINGER JUICE for the Greens and Adzuki Bean Stew (above), and the Miso Sauce (p. 71), grate unpeeled ginger on smallest holes of a box grater. Squeeze out juice with your hands.

Warm Carrot and Adzuki Bean Salad

SERVES 6

The combination of sweet and spicy roasted carrots, earthy adzuki beans, and tangy dressing is a taste sensation.

SALAD

- **7 large carrots, sliced diagonally into ⅜-inch-thick ovals**
- **2 Tbs. olive oil**
- **1½ tsp. paprika**
- **1½ tsp. ground cumin**
- **½ tsp. cayenne pepper**
- **1½ cups cooked adzuki beans**
- **1 Tbs. red wine vinegar**
- **5 cups baby spinach leaves**
- **1 large avocado, sliced**
- **1 Tbs. thinly sliced red jalapeño chile**
- **1 cup cilantro leaves**

DRESSING

- **1 cup cilantro leaves, finely chopped**
- **¼ cup mint, finely chopped**
- **¼ cup olive oil**
- **3 Tbs. fresh lime juice**
- **1 Tbs. red wine vinegar**
- **1 clove garlic, minced (1 tsp.)**
- **⅛ tsp. ground cumin**

1 | To make Salad: Preheat oven to 400°F. Line rimmed baking sheet with parchment paper.

2 | Toss carrots with oil, paprika, cumin, and cayenne in large bowl. Spread on prepared baking sheet, and roast 40 to 45 minutes, or until beginning to brown. Cool.

3 | Toss adzuki beans with vinegar in bowl.

4 | To make Dressing: whisk together all ingredients, and season with salt and pepper, if desired.

5 | Place spinach on large platter. Top with carrots, beans, and avocado. Drizzle with Dressing, and sprinkle with sliced chile and cilantro leaves.

PER 1-CUP SERVING 317 cal; 7 g prot; 20 g total fat (3 g sat fat); 30 g carb; 0 mg chol; 104 mg sod; 11 g fiber; 5 g sugars V GF





SESAME RICE AND ADZUKI BEAN CAKES WITH MISO SAUCE

THE COMBINATION OF SESAME, SHISO, AND BURDOCK GIVES THESE CAKES A DISTINCTLY JAPANESE FLAVOR.

ADZUKI BEANS CAN BE USED IN ALL OF YOUR FAVORITE BEAN RECIPES. THEY'RE ESPECIALLY GOOD IN SOUPS AND CHILI.



Sesame Rice and Adzuki Bean Cakes with Miso Sauce

SERVES 6 (MAKES 12 2½-INCH CAKES)

Sesame, shiso, and burdock give these cakes a distinctly Japanese flavor. Sweet rice lends a slightly sticky texture that helps the cakes hold their shape.

BEAN CAKES

- **⅔ cup short grain brown rice**
- **½ cup dried adzuki beans**
- **⅓ cup sweet brown rice or sushi rice**
- **1 1-inch piece kombu**
- **1 Tbs. unrefined sesame oil, plus more for oiling baking sheet and cakes**
- **1 cup finely julienned burdock root, celery root, or sunchokes**
- **1 large carrot, cut in large julienne (1 cup)**
- **½ tsp. sea salt**
- **1 Tbs. mirin (rice wine)**
- **2 green onions, thinly sliced (¼ cup)**
- **12 large shiso leaves, chiffonaded, optional**
- **1 Tbs. low-sodium tamari**
- **½ cup toasted unhulled sesame seeds**

MISO SAUCE

- **¼ cup raw cashew butter**
- **¼ cup unpasteurized sweet white miso**
- **2 Tbs. brown rice vinegar**
- **1 Tbs. mirin (rice wine)**
- **¼ tsp. fresh ginger juice**

1 | To make Bean Cakes: Rinse brown rice, beans, and sweet rice in large bowl of water. Strain, return to bowl, and cover with 4 cups fresh water. Soak overnight.

2 | Drain and rinse soaked rice and beans, transfer to medium saucepan, and add kombu and 2½ cups water. Bring to a boil. Cover, reduce heat to medium-low, and simmer 1 hour, or until no water remains and beans are soft. Remove from heat, and let stand, covered, 15 minutes. Remove lid, and cool.

3 | Preheat oven to 375°F. Line baking sheet with parchment paper, brush with oil, and set aside.

4 | Heat 1 Tbs. oil in large skillet over medium heat. Add burdock, and sauté 5 minutes, or until softened. Stir in carrot and salt. Reduce heat to medium-low, drizzle in mirin, cover pan, and cook 5 minutes, or until vegetables are cooked. Stir in green onions and shiso (if using), and cook 1 minute more. Remove from heat, and stir in rice and tamari.

5 | Spread sesame seeds over plate. With moist hands, shape rice mixture into scant ⅓-cup balls, flatten slightly, then press into sesame seeds to coat all over. Place cakes 1 inch apart on prepared baking sheet. Lightly brush tops and sides with oil, and bake 25 to 30 minutes, or until bottoms are golden.

6 | To make Miso Sauce: Heat all ingredients except ginger juice in double boiler 2 minutes, or until mixture has thickened and warmed through. Whisk in ginger juice and ¼ cup water. Top each Bean Cake with 1 Tbs. Miso Sauce.

PER SERVING (2 BEAN CAKES AND 2 TBS. SAUCE) 396 cal; 11 g prot; 17 g total fat (2 g sat fat); 52 g carb; 0 mg chol; 624 mg sod; 7 g fiber; 7 g sugars

Adzuki and Raspberry Brownies

MAKES 16 2-INCH BROWNIES

Puréed adzuki beans replace most of the flour you would use in a typical brownie recipe. Moist and rich, these gluten- and dairy-free treats are surprisingly light.

- **6 Tbs. melted coconut oil, plus more to oil pan and parchment**
- **½ cup gluten-free oat flour**
- **½ cup unsweetened cocoa powder, plus more to dust brownies**
- **½ tsp. baking powder**
- **1½ cups cooked adzuki beans**
- **½ cup pure maple syrup**
- **1 Tbs. vanilla extract**
- **½ tsp. sea salt**
- **1 large egg**
- **1 cup fresh or frozen raspberries, divided**
- **2½ oz. dark chocolate (70% cocoa), chopped, or ½ cup semi-sweet chocolate chips**

1 | Preheat oven to 350°F. Coat 8-inch square baking pan with coconut oil, line pan with parchment paper, and lightly oil parchment.

2 | Sift flour, cocoa powder, and baking powder into medium bowl. Set aside.

3 | Blend beans, maple syrup, coconut oil, vanilla, and salt in food processor until completely smooth. Add egg, and blend until combined. Pour into flour mixture, and stir just until combined. Fold in raspberries and chocolate, pour into prepared baking pan, and smooth surface with rubber spatula.

4 | Bake 30 minutes, or until toothpick inserted in center comes out clean. Cool completely in pan. Unmold, and remove parchment paper. Cut into 2-inch squares, and dust with cocoa powder. Store brownies in airtight container in refrigerator up to three days.

PER BROWNIE 156 cal; 3 g prot; 8 g total fat (6 g sat fat); 19 g carb; 12 mg chol; 86 mg sod; 4 g fiber; 8 g sugars

Amy Chaplin has worked as a vegetarian chef for more than 20 years. She is the former executive chef of New York's renowned vegan restaurant Angelica Kitchen.

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Be sure to pick up a 2oz tin of our shea butter. It works incredibly well on sunburns, scrapes and bites and lips. Shea butter has a mild spf of 2-3 (naturally occurring). Bring a big floppy hat like a TILLY hat as your first line of protection. I have never met a natural formulator who recommends the regular use of sunscreen on themselves or on their kids and I don't either except for episodic protection in extreme conditions.

Best of Luck, travel in threes and bring emergency CIPRO antibiotics just in case.

All the Best,
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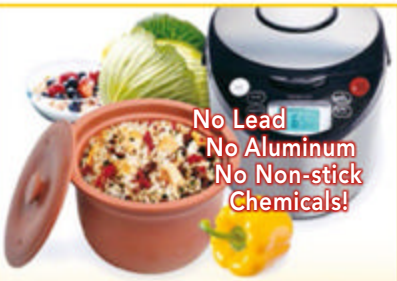
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CONTINUED FROM p. 30.

Double Corn Cakes with Black Beans

SERVES 4 | 30 MINUTES OR LESS

Dressed up with corn kernels, pre-cooked polenta is a cinch to transform into savory fritters. Serve with your favorite salsa.

- **1 Tbs. olive oil**
- **1 medium yellow onion, diced (1½ cups)**
- **3 cloves garlic, minced (1 Tbs.)**
- **1 jalapeño chile, seeded and diced (¼ cup)**
- **1 Tbs. ground cumin**
- **2 15-oz. cans no-salt-added black beans, rinsed and drained**
- **1 15-oz. can diced tomatoes**
- **1½ cups fresh or thawed frozen corn kernels, divided**
- **1 Tbs. lime juice**
- **1 18-oz. tube pre-cooked polenta**
- **1 large egg, lightly beaten**

1 | Heat oil in large skillet over medium-high heat. Add onion, garlic, jalapeño, and cumin, and sauté 5 minutes. Stir in beans, tomatoes, 1 cup corn, and lime juice; season with salt and pepper, if desired. Cook 5 minutes, or until heated through. Transfer mixture to covered container, and keep warm. Wipe out skillet.

2 | Meanwhile, crumble polenta into microwave-safe bowl, and mash with fork until nearly smooth. Add remaining ½ cup corn kernels. Microwave 1 minute to soften polenta. Stir, then add beaten egg, and fold into polenta mixture until smooth.

3 | Coat skillet with cooking spray, and heat over medium-high heat. Shape polenta into 8 ⅓-cup cakes, gently flattening with palm. Cook corn cakes in two batches in skillet



5 minutes per side, or until golden brown. Serve corn cakes over black bean mixture.

PER SERVING (2 CORN CAKES AND 1¼ CUPS BEANS)

395 cal; 19 g prot; 7 g total fat (1 g sat fat); 74 g carb; 47 mg chol; 656 mg sod; 16 g fiber; 12 g sugars

Marygrace Taylor is a freelance editor, writer, and recipe developer.



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RECIPE INDEX



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Vegan and gluten-free recipes are tagged with V and GF respectively.
Look for these symbols with the nutritional information at the end of each recipe.

What are the BFFs of the food world? Here, chefs and other foodies share their favorite culinary pairings.

mango & chili powder

As a child I got hooked on this pairing from pushcart vendors in Rosarito Beach, Mexico. Most carts offered a combination of watermelon, mango, honeydew, cantaloupe, and cucumber; I loved how the vendors sprinkled the produce with chili powder, salt, and fresh lime juice just seconds before they handed it to you in a paper cup. The fruit was always cold, juicy, and ripe, but all I really wanted was the mango! Unlike the other fruits in the combo, mango has a tangy sweetness that perfectly balances the heat of the chili powder. The key is to use a flavorful chili powder like ancho or guajillo chili powder.

I love to serve fresh-cut mango and chili powder at barbecues, and my wife and kids have grown to love the pairing too. It's really refreshing on a warm day.

For another tasty pairing, purée a ripe mango with lime juice, a garlic clove, and a pinch of sea salt to make a dressing, then toss the dressing with some baby spinach and field greens, and sprinkle with chili powder and toasted pumpkin seeds. You are in for a bright, tangy, and healthful salad with a little kick.



ROBERTO MARTIN is chef/owner of eLOVate, opening this spring in Los Angeles, and author, most recently, of *Roberto's New Vegan Cooking.*

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